

ABSTRACT

The Title of the Thesis: Physical Appearance, Health and Fitness in Adult Population

Aim:

The aim is to process the data collected and present the results obtained in the adult population as refers to their body-concept and self-acceptance, in both, the physical and psychical areas. These above issues related both, to the population of men and women were compared, as well as differences found between people living in towns and rural regions.

Methods:

The data were collected through public inquiry using an instrument based on a standardized questionnaire, originally validated in the international research to sport, health and self-concept in Central and Eastern European countries (Mrázek, Fialová, Bychovskaja, 1995). The questionnaire included sections referring to personal data, health condition, physical and body-related activities, subjective body description, self-acceptance and selfconcept. The questionnaire included 129 items, where only those items referring to the selected topic were analyzed in the thesis.

Results:

The results indicate certain changes in evaluating the physical appearance, bodyconcept and self-concept in both, men and women. The results imply there is a difference in self-esteem perceived by men and women when evaluating their appearance, and, also, the body-concept and self-concept as a phenomenon differs between men and women.

Key words:

Life style, self-concept, physical appearance, body-concept, middle adult age